



NCAP NOTES

February News from NCAP

From the Regional Director

WOW, was January ever busy! Talk about starting the New Year off with a bang! In addition to the regular meetings, internally and externally, it's time to start the applications for funding with the cities of Loveland and Fort Collins, as well as the United Way of Larimer County. We also had to finalize the applications for continuing with our client services and mental health counseling, as well as three applications for our HIV prevention programs for injection drug users, gay/bisexual men and HIV testing. Due to a federal shift in prevention strategies there were no prevention programs funded in Colorado outside the five Denver metropolitan counties, so we are keeping our testing and injection drug users prevention programs operating at a minimal level with other funding.

NCAP continues to meet with the Larimer County Board of Health about establishing a legal syringe exchange program in 2012. Based on sound research and evidence over the last 20 years, the Board of Health has agreed to take the next step and gather input from community stakeholders. This includes law enforcement, the District Attorney, persons in recovery, substance abuse providers, non-profit organizations and members of the community. NCAP will be presenting a proposal for this process and timeline to the Board of Health in February. We will also be hosting a return visit from the Harm Reduction Coalition from Oakland and New York City to conduct a focus group with people who inject drugs, and one of our MSW interns will be doing a survey of attitudes and beliefs in the local community about syringe exchange programs. This is all very exciting!

The Northern Colorado Collaborative Care Clinic (NC4) that we piloted with all volunteers and no money in September of 2010 appears to be poised to launch into a fully funded project with the support of the Colorado Department of Public Health and Environment. We are very excited as this oppor-

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(Note From the Executive Director, Continued from page 1)

tunity unfolds as we were able to get over 20 clients into HIV medical care, as well as primary medical care at Salud. A HUGE thank you goes out to our partners, Rocky Mountain CARES in Denver, and Salud Family Health Centers.

NCAP will be hosting the new statewide Colorado AIDS Project board of directors meeting again in February. It is a pleasure and an honor to be among such capable, dedicated and experienced people from all over the state. The merger of Fort Collins, Grand Junction, Colorado Springs and Denver AIDS projects is going very well, and has gained national attention and some substantial funding.

You'll start hearing more about NCAP's 3rd annual "Dining Out For Life" coming up on Thursday, April 26, 2012. We already have all of last year's sponsors back with us, and we're aiming to have 30+ of the areas nicest restaurants participate in the largest single fund raiser in the USA. Mark your calendars and stay tuned.

I have now completed four years as the Director of NCAP. It remains challenging and rewarding to work with such great people for such a great cause, improving the lives of people living with HIV/AIDS, and helping to reduce the spread and stigma of the disease. Thank you very much for your kindness, encouragement and support.

Sincerely,

Jeffrey Basinger, Regional Director

Wellness Corner

Hello!

My name is April Hatton, and I am an MSW Intern at NCAP for the next four months. I will be primarily working with Danielle in the Counseling Services Program, and Chris in Prevention during my time here. After a number of years working in various human services positions, I have decided to pursue a career in Social Work and am working to obtain a Master's degree in that field.

I look forward to learning from the staff, clients and community partners of NCAP to help me reach this goal. I am very excited to meet and work with all those connected with NCAP in the coming months!

-April Hatton



Prescription Assistance Programs May Help With Your Prescription Costs

Do you have high prescription copayments with your health insurance? Do you have drug costs you cannot afford? Prescription Assistance Programs (PAPs) may be available for your medication. Pharmaceutical companies sometimes offer assistance directly to their patients to help cover some or all of the out-of-pocket costs of their drugs. Your doctor's office may have to help you apply for these programs and some programs you can apply for directly. Talk to your case manager if you need help with your prescription drug costs.

NCAP Greeley Office Hours

Monday: 10am-4pm (Prevention services)

Tuesday: CLOSED

Wednesday: Mental Health services (contact case manager if interested)

Thursday: 10am-12pm, 1pm-3pm (case management services)

Friday: CLOSED

Living Well with HIV

Substance use and misuse come in many different forms. Some people use alcohol, tobacco, or illicit drugs like cocaine and heroin. Others begin using prescribed medications like Adderall or Oxycodone to manage ADD or pain after a surgery, but then begin using more than is prescribed to feel better or to have fun. During the next three editions of this article, we'll look at the different classes of prescription medications that are often used in ways other than prescribed by a doctor. This month, let's take a look at opioids.

According to the National Institute on Drug Abuse (www.drugabuse.gov, 2012), opioids are classified as medications most often used to treat pain. Examples of these medications could be Vicodin, OxyContin, or morphine. If these medications are used exactly as prescribed by a physician, they are not considered addictive. However, for a person who has a history of addiction or is genetically prone to addiction, the likelihood is much greater. These medications are intended to be used as a pill and taken orally, but sometimes people crush them into a powder to snort or inject. Because the medications are designed to be "slow-release", or impact the patient over a long period of time, injecting or snorting can increase the chances of overdose because a person would be impacted by the drug much faster. Some people enjoy using these substances because they impact the brain's perception of pain and pleasure and can create an initial feeling of euphoria. Additionally, opioids slow down rate of breathing and, if taken in conjunction with other medications (such as depressants or antihistamines) could slow a person's breath to a dangerous level. There are clearly reasons people enjoy using these substances, but there can be harmful and unintended effects as a result.

For people living with HIV, it is important to consider any possible interactions between medications currently being prescribed and any substance a person might use (whether for fun or as prescribed, including things like alcohol, marijuana, or other illicit drugs) (www.theaidsreader.com, 2010).

Misusing substances can make it more difficult to adhere to a medication regimen, which could in turn lessen the efficacy of an HIV-related medication regimen. Be sure to speak honestly with your doctor about all substance use questions or concerns. You can also call your case manager or Lauren with our SBIRT program. The SBIRT program includes a full assessment of substance use, brief interventions, and referrals to therapy and/or treatment, and is completely confidential and nonjudgmental.

Pet Food Through 4 Paws Pet Pantry!

We are excited to announce that, on January 25th, 4 Paws Pet Pantry will open its doors to NCAP case management clients! 4 Paws Pet Pantry is a "not for profit dedicated [...] to providing quality animal food to fight animal hunger." 4 Paws collects and compiles numerous pet food brands and allocates them to people in need of assistance. They receive pet food donations (for dogs and cats) from organizations like Poudre Pet Feed & Supply, Spa 4 Paws, Wal-Mart, and Bath and Doggie Works. Interested clients should understand that different types of pet food are repackaged and combined before they are distributed. Clients will receive a mix of pet food that has been repackaged with quality in mind. Participating clients do not need to identify that they are coming from NCAP, and simply must bring a pre-approved card with them upon their visits. Contact your case manager for the necessary card. NCAP clients of 4 Paws Pet Pantry will be required to recertify themselves once a year with the organization. Client information will be kept confidential. We would like to extend a big "Thank you!" to 4 Paws Pet Pantry for the important services they provide to our community and to our furry friends in Northern Colorado!





February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	4
5 Fortitude Coffee Social at Mugs 11:30 AM	6	7 National Black HIV/AIDS Awareness Day	8	9 Fortitude Dinner & Workshop 6-8PM	10 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	11
12	13	14	15	16	17 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	18
19	20 NCAP Closed Presidents Day	21	22	23	24 Fortitude Social Event TBA Support Group 11 AM-noon	25
26	27	28 RAC Quarterly Meeting at NCAP 2:00-3:30	29 Hepatitis C Support Group 6:30-8:00PM			

Fortitude Events in February

February 5th – Fortitude’s Monthly Coffee Social from 11:30am to 12:30pm with core team business meeting to follow. At Mugs Coffee Lounge located at: 261 South College Ave. in Fort Collins, CO. This event is open to Gay, Bisexual, Queer and Questioning Male identified individuals, 18+ y/o only.

February 9th - Fortitude’s Dinner & Discussion Educational Workshop 6pm to 8pm. Dinner & Discussion will be focused on Trust Building in Interpersonal Relationships. The location of this event is TBA. Fortitude will contribute \$10.00 to the cost of each participant’s meal. Participants will need to be prepared to cover any extra associated cost. To RSVP please contact David at david@ncaids.org. This event is open to Gay, Bisexual, Queer and Questioning Male identified individuals 18+ y/o only.

Medication Adherence Tips To Make Taking Your Meds Easier

From Mark Cichocki, R.N.

Former About.com Guide, <http://aids.about.com/cs/adherence/a/adherence.htm>

The advent of HAART therapy has given those infected with HIV a new lease on life. But the benefits of these therapies do not come without a price. The biggest obstacle to successful treatment is medication adherence. The method by which antiretroviral medications suppress the HIV virus necessitates a very strict regimen of medication. Drugs must be taken exactly as prescribed without missing doses if they are to work to their full potential. Sounds easy enough, right? Unfortunately, the truth is it isn't always that easy. Between medication side effects, lack of energy, and concerns about confidentiality, medication adherence is very difficult. To help with medication adherence, here are a few medication adherence tips that will make taking your medicines a bit easier.

One of the biggest issues surrounding medication adherence is that it's sometimes difficult to fit medications into an already hectic schedule. Some of these tips may help.

- To save time, try setting up meds ahead of time using pill boxes. These are available from your health care provider free of charge.
- Set the meds up a week ahead of time, saving time each day.
- Take the day's box with you to work or when you are out.
- Use an alarm on a watch or a timer to tell you when its time for your meds.
- If confidentiality is an issue, excuse yourself to the restroom and take your medicines there.
- Leave notes around the house where you will be sure to see them; the refrigerator, next to the TV, and the bathroom mirror.

Do trial runs before beginning therapy. Use jelly beans to represent your medications and take them as if they were real antivirals. This will assist you in identifying potential problems in your medication schedule before taking the real thing.

Another complaint is that medication side effects make it difficult to take meds on time. If this is a problem, consult your health care provider who can prescribe meds for nausea or adjust your medications to minimize the side effects.

Certain meds need to be taken with food. But this can cause a problem, especially at work. To combat this problem, keep snacks and bottled water in your car and at work. Plan your meals ahead of time to coincide with your medications and to minimize any disruption in your work day.

Unfortunately, some turn to recreational drugs or alcohol to help cope with the daily stress of living with HIV. Studies show that as recreation drug use and alcohol use increases, adherence to HAART decreases. Again, if substance abuse is a problem, talk to your health care provider who can assist in getting you into substance abuse treatment programs. Don't be afraid to ask for help. Asking for help is the first step in the healing process.

While these suggestions will help, adherence is something that must be dealt with on a daily basis. If you find you are unable to adhere to prescribed regimens, let your doctor know. Delaying treatment until one is absolutely positive they are mentally prepared to start drug therapy is better than starting and not being able to adhere. Not adhering to therapy can cause harmful resistance that will make treatment very difficult in the future. Being ready to take meds is the key to successful therapy.

Questions about your diet? Free nutritional advice at NCAP!

Proper nutrition is critical to maintaining a healthy life for those who are afflicted with HIV. Eating right can keep your immune system strong, providing you with a better chance at fighting off various illnesses. But knowing how much, when and what to eat can often be quite complicated and confusing. That is why NCAP will now be offering free nutritional advising for all of our clients. One of our interns, Zac Larsen, will be in charge of providing this service for you. Besides being an all-around swell guy, he is a health major at CSU and has a serious passion for food. He will be meeting with clients on a walk-in or call-in basis in the NCAP office on Tuesdays and Thursdays from 9-2. Just mention to the receptionist that you wish to speak with Zac and he will be more than happy to meet with you and help guide you down your own, personalized track towards proper nutrition and a healthy lifestyle.

HAVE YOU INJECTED DRUGS?

FREE LUNCH AND GIFT CARD FOR FOCUS GROUP!

COMPLETELY CONFIDENTIAL, SAFE AND PRIVATE!

ASK ABOUT A FOCUS GROUP ON
FEBRUARY 16TH AT 11:30 A.M.

HOSTED BY NCAP AND THE HARM REDUCTION COALITION OF NEW
YORK AND CALIFORNIA.

ALL PARTICIPANTS WILL RECEIVE A \$20 GIFT CARD AND FREE PIZZA
AND SODA FOR LUNCH.

WE ARE LOOKING FOR 6 – 10 INDIVIDUALS
INTERESTED IN SHARING INFORMATION WITH US THAT CAN ASSIST
WITH ESTABLISHING A LESGAL SYRINGE EXCHANGE PROGRAM.

ALL INFORMATION SHARED AT THE FOCUS GROUP WILL BE
CONFIDENTIAL.

WE NEED YOU!



Are You Living With Hep C? Have a Story to Share? Looking for Some Support?

Attend the Hepatitis C
Support Group

Sponsored by Hep C
Connection!

Located at Poudre Valley
Health Systems, 2809
East Harmony, 3rd
Floor, Fort Collins on the
last Wednesday of each
month from 6:30 P.M. to
8:00 P.M. Please call the
group leader before
attending. Contact
Jerry: (970) 214-2912,
jwelchfish@netzero.com

Call the toll-free
HelpLine at (800) 522-
HEPC (4372) or visit
[http://www.hepc-
connection.org](http://www.hepc-connection.org) for more
information.

Energy Outreach Colorado Assistance Is Now Available

Need help with heating costs this winter? You may be eligible for heating assistance from Energy Outreach Colorado. Beginning November 1, 2011 NCAP received a grant award of \$14,000 to help our clients with heating costs. This year there is a new maximum award amount of \$1000 per household. This grant year will end one month early on September 30, 2012 so be sure to ask for assistance before then as the grant is only available to you one time per grant year. Please contact your case manager if you need assistance.

Are You Currently Or Have You Ever Injected Street Drugs?

NCAP is seeking people who currently or formerly injected street drugs to provide testimonials on why and how syringe exchange programs (SEPs) can benefit our communities. All information is completely confidential and anonymous. This information may be presented to officials and community members to underline the importance and value of SEPs. Please contact Chris or your case manager at NCAP if you are interested in participating and improving our communities!

News From NCAP Via E-mail!

NCAP is creating an e-mail list for important announcements and newsletter distribution. You can choose to receive the newsletter and/or important announcements by e-mail to help save precious resources! Please provide your e-mail address to your case manager and ask to receive the newsletter and/or announcements via e-mail. You can also access the newsletter by going to our website, www.ncaid.org and click on News and Events. Please remember that this newsletter contains important information about services and current events. Thank you for your commitment to NCAP and the environment.

Weatherization Assistance Program

In partnership with local agencies and the U.S. Department of Energy, GEO offers a free Weatherization Program to Colorado's low-income residents, giving them the opportunity to access cost-effective energy efficiency services through its Weatherization Program. This program gives eligible residents the ability to save money on their energy bills by implementing energy efficiency measures.

Weatherization is a blanket term for a variety of measures that improve the energy efficiency of your home. These cost-effective improvements and upgrades will reduce energy usage, saving you money while improving the comfort of your home year round.

Weatherization improvements may include:

- Energy Audit
- Insulation in Attics and Walls
- Furnace Replacement
- Furnace Safety Testing
- Refrigerator Replacement
- Sealing Air Leaks
- Compact Fluorescent Light Bulbs (CFL)
- Storm Windows and Doors
- Energy Conservation Information

Visit the website to find out how to apply <http://www.colorado.gov/energy/> or call your case manager for more information.

An Opportunity to Improve Care for People Living with HIV

Are you concerned about your health care, mental health, and other needs of the HIV community? You can help by lending your voice to the Consumer Advisory Board at the Beacon Center. If interested, please contact Guy Lively at (303) 938-5336 or glively@bch.org.

King Sooper's Grocery Cards incentive and gas vouchers are available for those who need it.

NEWS FROM NCAPRAC

REGIONAL ADVISORY COUNCIL NEEDS YOUR HELP

This article is written by clients for clients

The **Regional Advisory Council (RAC)** provides the voice of those living with HIV/AIDS to NCAP regarding services in Northern Colorado.* **RAC** is open to all clients, non-client volunteers staff, and professionals in the community who provide services to HIV+ clients. **RAC** is currently comprised of 6 active members, 5 NCAP staff members & 8 community partners. The active members meet each month and we are joined quarterly by our community partners. We meet on the 4th Tuesday from 2:00-3:30 pm at the NCAP Fort Collins office. **There are four programs and projects RAC would like to pursue**, but we need more members to accomplish this. First is a **"Positive People"** program for clients to help each other navigate living with HIV, but we need input from clients as to what would make this a helpful and beneficial program. Second is an **"Animal Assistance"** program that would help clients in obtaining veterinary services for their pets. Currently, the "Pets Forever" Program is available to residents of Larimer County, but we would like to have services for all clients. We will initially be investigating services for residents of Weld County, but would like to locate services for all clients. Ask your case manager, look in the **NCAP NEWS** from February, 2010, or contact Lori.Kogan@colostate.edu for information about Pets Forever. Third is a **"Supplement Supply"** program that would help clients obtain nutritional supplements at lower costs. Fourth is a **"Cookbook Committee"** to compile a cookbook of healthy and low cost recipes (using food bank items) for anyone living with HIV/AIDS.

These endeavors are time intensive and we need more RAC members to pursue them.

If you would like to help please come to a RAC meeting or contact us through our confidential email: ncaprac@gmail.com.

*Our complete mission statement and bylaws are at the NCAP office and at <http://www.ncaids.org/> then click *How You Can Help-Regional Advisory*.

MOVIE DAY CENTENNIAL MINI SERIES

Based on the book by James Michener

Doesn't matter if you haven't seen the beginning parts

Date: Friday, February 3, 2012

Time: 2:00 — 4:00 pm

Location: Debi's House

bring snacks to share/drinks will be provided

FOR ADDRESS AND DIRECTIONS CALL

CARL @ 970-371-7470 OR DEBI @ 970-506-4142

this client sponsored activity welcomes everyone

The Client Corner

Contact your CM if you have a submission for the client corner. The contents of The Client Corner are intended to provide useful information for our clients. While NCAP makes every effort to present accurate and reliable information, The Corner is designed for client advertisement and communication. NCAP does not endorse, approve, or certify such information, nor does it guarantee the accuracy, completeness, efficacy or timeliness of this information.

CLIENT NEEDS HELP ONCE A MONTH

Flexible schedule. Duties: cleaning ceiling fans, soffits & cabinets. No public transportation available. Paid by State Assistance Program. Background check required. Smoke free, drug free, & pet friendly environment.

For more info call 970-673-5054

Advertise in the Client Corner!

Have something to sell, something to trade or looking for a roommate? Help wanted or needed? Advertise here! Please send your submissions to your case manager.